

# ACCUSPLIT®

## MODEL 170 DELUXE FITNESS METER OPERATING INSTRUCTIONS



### FOR BEST RESULTS

- Clip the pedometer firmly at your waist, above a knee.

### STRIDE LENGTH SET MODE (in or cm)

(See EXCLUSIVE ACCURACY TIP)

For more accurate Distance calculation, set Stride Length. To determine Stride Length, stand with feet together on a line, then take 10 normal strides. Measure, in in. or cm., the total distance from the line to the toe of the foot on the 10th stride and divide by 10.

- Press (MODE) until Mode Indicator is under "DISTANCE".
  - Press (SET) to change Stride Length (Mode Indicator is next to "STRIDE").
  - Press (SET) to increase Stride Length setting by .25 ft. or 1 cm. (18-60 in. or 35-150 cm., with rollover to minimum setting).
- Automatic return to DISTANCE Mode.

### STEP COUNT MODE (STEP)

- Press (MODE) until Mode Indicator is under "STEP".
- Measures ALL ACTIVITY Steps.

### PEDOMETER MODE (MI/KM)

- Press (MODE) until Mode Indicator is under "DISTANCE".
- Measures ALL ACTIVITY Distance.

### CALORIE MODE (CALORIE)

- Press (SET) to enter Weight Setting Mode.
- Press (SET) again to increase weight by 1 (70 to 320 lbs. or 30 to 120 kg.).
- Auto return to CALORIE Mode.

### RESET

- Press (RESET) to reset Distance, Steps and Calories to 0.

### EXCLUSIVE ACCURACY TIP

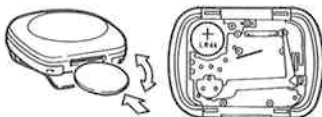
After setting Stride Length per instructions above, maximize the accuracy of Distance measurement by:

- Walking a measured 0.5 or 1.0 mile/km. (we recommend that you use a 1/4 mile/400 meter track like those found at a "high school").
- Comparing the DISTANCE recorded to the measured distance, and
- If UNDER recorded, resetting the STEP LENGTH to a longer setting, or if OVER recorded, resetting the STEP LENGTH to a shorter setting.
- Pushing RESET to return the display to 0.
- Walking the track again to test the adjustment, and re-adjusting accordingly.
- Once adjusted DO NOT ALLOW ANYONE ELSE TO CHANGE THE SETTING, because the Fitness Meter is now set for your style.
- You are now ready to walk or stroll any route, change that route freely and still get an accurate measurement of distance for your fitness or recreation program.

### BATTERY REPLACEMENT

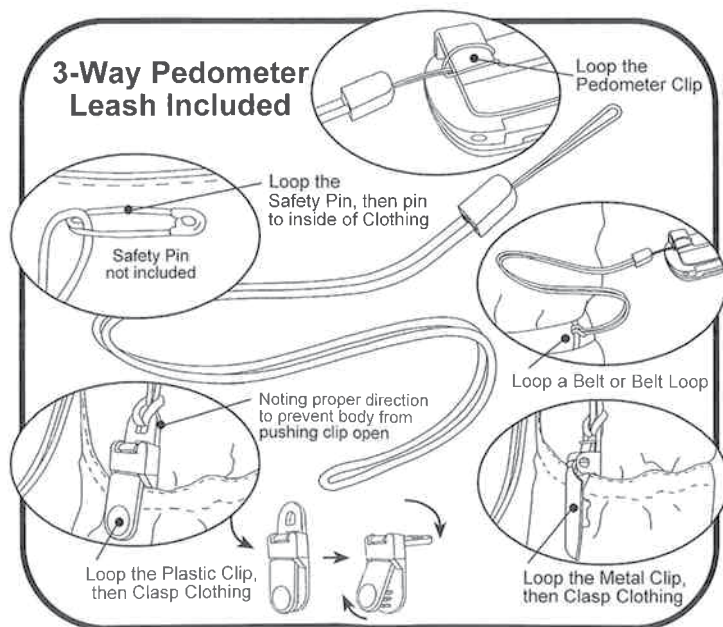
When the LCDisplay dims, replace the battery with LR-44 or equivalent.

- Use a coin to "pop open" the case.
- Replace battery with "+" up.
- Snap case parts together.
- Power Reset (see below).



### POWER RESET

- Push all 3 buttons for 5 seconds and Release (All LCDisplay segments will be OFF, until a button is released.)



998-299B / © 2002AST, Inc. All rights reserved.

*Eat Right! Walk More! Live Well!*  
*The ACCUSPLIT Lifestyle*

### NO-PROOF-OF-PURCHASE LIMITED WARRANTY

See label on back of unit for details, or check  
<http://support.ACCUSPLIT.com>

ACCUSPLIT, Inc.

3090 Independence Drive, Suite 148

Livermore, CA 94551 USA

800-935-1996 • 925-290-1900

FAX 925-290-1930

[www.ACCUSPLIT.com](http://www.ACCUSPLIT.com)

[support@ACCUSPLIT.com](mailto:support@ACCUSPLIT.com)